We claim:

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- 1. A method of generating holograms from photo-thermo- refractive (PTR) glasses, comprising the steps of:
- exposing PTR glass with a UV light source or other source of ionizing radiation; exposing the UV exposed PTR glass with a high-power Visible light source; thermal treating the UV and Visible light exposed PTR glass; and restoring a hologram from the thermal treated PTR glass.
- 10 2. The method of claim 1, wherein the source of ionizing radiation is a UV light source.
 - 3 The method of claim 2, wherein the step of exposing with UV light source includes a range of approximately 280 to approximately 350 nm.
 - 4. The method of claim 2, wherein the step of exposing with the UV light source is approximately 325nm.
- 5. The method of claim 2, wherein the step of exposing with Visible light source20 includes a range of approximately 450 to approximately 600 nm.
 - 6. The method of claim 2, wherein the step of exposing with a Visible light source includes: approximately 532 nm.

7. The method of claim 1, wherein the step of exposing with a Visible light source includes: a high power source generating at approximately 10 megawatts/ cm² to approximately 100 gigawatts/ cm².

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- 8. The method of claim 7, wherein the high power source generates at approximately 100 megawatts/ cm².
- 9. The method of claim 7, wherein the high power source generates at approximately
 10 gigawatts/ cm².
 - 10. The method of claim 1, wherein the step of generating a hologram includes the step of:

generating a simple hologram having substantially planar surfaces of equal refractive index.

11. The method of claim 1, wherein the step of generating a hologram includes the step of:

generating a complex hologram having substantially curved surfaces of equal 20 refractive index.

12. The method of claim 1, wherein the step of thermal treating includes the step of:

thermal treating the PTR glass in a temperature region ranging from approximately 480 to approximately 580°C for a period of from a few minutes to several hours appropriate for phase transformation.

5 13. A method of generating optical components from photo-thermo-refractive (PTR) glasses, comprising the steps of:

exposing PTR glass with a UV light source;

exposing the UV exposed PTR glass with a high-power Visible light source;

thermal treating the UV and Visible light exposed PTR glass; and

generating an optical component from the thermal treated PTR glass.

14. The method of claim 13, wherein the step of generating the optical component includes the step of:

generating the optical component from one of a lens or multi-lens objective, a combination of a prism or mirror with lenses, and a divergent/convergent beam splitter/combiner.

15. An optical element comprising:

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a photo sensitive refractive(PTR) glass having photosensitivity to visible light caused by UV exposure;

means for exposing the UV exposed PTR glass to Visible light;
means for thermal treating the UV and Visible light treated PTR glass; and
means for using the PTR glass as a volume holographic optical element.

- 16. The optical element of claim 15, wherein the UV exposure includes a range of approximately 280 nm to approximately 350 nm.
- 5 17. The optical element of claim 16, wherein the UV exposure is approximately 325 nm.
 - The optical element of claim 15, wherein the Visible light exposure includes a range of approximately 450 nm to approximately 600 nm.

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- 19. The optical element of claim 18, wherein the Visible light exposure is approximately 532 nm.
- 20. The optical element of claim 15, wherein the thermal treatment means includes a range of approximately 480 to approximately 580°C for a period of from a few minutes to several hours appropriate for phase transformation.
 - 21. The optical element of claim 15, wherein the holographic optical element includes: a simple hologram having substantially planar surfaces of equal refractive index.

- 22. The optical element of claim 15, wherein the holographic optical element includes: a complex hologram having substantially curved surfaces of equal refractive index.
- 5 23. A method of generating refractive optical elements from photo-thermo- refractive (PTR) glasses, comprising the steps of:

exposing PTR glass with a source of ionizing radiation;
exposing the UV exposed PTR glass with a high-power Visible light source;
thermal treating the UV and Visible light exposed PTR glass; and
restoring a hologram from the thermal treated PTR glass.

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- 24 The method of claim 23 wherein the source of ionizing radiation is a UV light source.
- 15 25. The method of claim 23, wherein the refractive optical elements are lenses, waveguides, waveguide arrays and mux/demux devices.